



General Education Health Course Requirements and Approval



Requirements:

A Health Course must have the following two CSLOs:

Students will:

1. Demonstrate knowledge of personal wellness and the WHO's definition of health
2. Demonstrate knowledge and the interconnectedness of the eight dimensions of wellness, which are:
 - a) Physical
 - b) Psychological
 - c) Social
 - d) Occupational and Financial
 - e) Spiritual
 - f) Environmental
 - g) Community
 - h) Intellectual

The course must also emphasize at least one of the eight dimensions of wellness.

Recommendations

- Emphasize prevention and students' personal health and wellbeing in college and beyond. • • •
- Use case studies, student projects, videos and texts that allow students to reflect on their personal wellness and health leading to growth in healthy behaviors and practices • • •

Approval Process

- Submit the syllabus and one assignment to the General Education Committee, who will consult with the chairs of Health Science and Nursing for approval